

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday 1/3
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 							
							Wheel Yoga Stretch 瑜珈輪伸展 11:30-12:30
							Gentle Stretch 靜態伸展 12:30-13:30

	Monday 2/3	Tuesday 3/3	Wednesday 4/3	Thursday 5/3	Friday 6/3	Saturday 7/3	Sunday 8/3
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
							Back Care Yoga 腰背伸展 11:30-12:30
		Shoulder Stretch 肩膊伸展 14:00-15:00				Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
				Aerial Yoga Lv.0 空中瑜珈Lv.0 17:00-18:00		Beginner Yoga 初級瑜珈 14:45-15:45	
	Gentle Stretch 靜態伸展 18:30-19:30	Back Care Yoga 腰背伸展 18:15-19:15			Private Class 18:30-19:30		
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35		
			自由預約 20:35-21:35 (需WhatsApp 聯絡預約)	Hip Stretch 髖關節伸展 20:15-21:15	Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35		

	Monday 9/3	Tuesday 10/3	Wednesday 11/3	Thursday 12/3	Friday 13/3	Saturday 14/3	Sunday 15/3
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
			Aerial Yoga Lv.0 空中瑜珈Lv.0 11:20-12:20				
							Shoulder Stretch 肩膊伸展 11:30-12:30
		Hip Stretch 髖關節伸展 14:00-15:00				Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
				Aerial Yoga Lv.0 空中瑜珈Lv.0 17:00-18:00		Beginner Yoga 初級瑜珈 14:45-15:45	
	Gentle Stretch 靜態伸展 18:30-19:30				Private Class 18:30-19:30		
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	自由預約 20:35-21:35 (需WhatsApp 聯絡預約)	Shoulder Stretch 肩膊伸展 20:15-21:15			

	Monday 16/3	Tuesday 17/3	Wednesday 18/3	Thursday 19/3	Friday 20/3	Saturday 21/3	Sunday 22/3
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
							Hip Stretch 髖關節伸展 11:30-12:30
		Shoulder Stretch 肩膊伸展 14:00-15:00			Private Class 16:00-17:00	Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
						Beginner Yoga 初級瑜珈 14:45-15:45	
	Gentle Stretch 靜態伸展 18:30-19:30	Back Care Yoga 腰背伸展 18:15-19:15			Private Class 18:30-19:30		
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35		
			自由預約 20:35-21:35 (需WhatsApp 聯絡預約)	Hip Stretch 髖關節伸展 20:15-21:15	Wheel Yoga Stretch 瑜珈輪伸展 20:35-21:35		

	Monday 23/3	Tuesday 24/3	Wednesday 25/3	Thursday 26/3	Friday 27/3	Saturday 28/3	Sunday 29/3
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 			Beginner Yoga 初級瑜珈 10:00-11:00				
							Wheel Yoga Stretch 瑜珈輪伸展 11:30-12:30
		Hip Stretch 髖關節伸展 14:00-15:00				Animal Flow 13:30-14:30	Gentle Stretch 靜態伸展 12:30-13:30
				Aerial Yoga Lv.0 空中瑜珈Lv.0 17:00-18:00		Beginner Yoga 初級瑜珈 14:45-15:45	
	Gentle Stretch 靜態伸展 18:30-19:30				Private Class 18:30-19:30		
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25	Animal Flow 19:25-20:25	Private Class 19:00-20:00	Aerial Yoga Lv.0 空中瑜珈Lv.0 19:35-20:35		
		Aerial Yoga Lv.1 空中瑜珈Lv.1 20:35-21:35	自由預約 20:35-21:35(需 WhatsApp 聯絡 預約)	Shoulder Stretch 肩膊伸展 20:15-21:15			

	Monday 30/3	Tuesday 31/3					
 <p>9579 4720</p> <p>MARJARY YOGA</p> <p>貓式</p> <p>尖沙咀D2出口1分鐘</p> <p>報名連結</p> 							
		Shoulder Stretch 肩膊伸展 14:00-15:00					
	Gentle Stretch 靜態伸展 18:30-19:30	Back Care Yoga 腰背伸展 18:15-19:15					
	Beginner Yoga 初級瑜珈 19:35-20:35	Beginner Yoga 初級瑜珈 19:25-20:25					



9579 4720

MARJARY  
YOGA

貓式

尖沙咀D2出口1分鐘

上課地點：  
(星號位置)



報名連結

